

What You Should Know This Flu Season

People ages 65 years and older are at greater risk for serious complications from the flu. As we age, it becomes harder to fight diseases. People 65 years and older are usually most affected. Most people admitted to the hospital with the flu are over 65.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may only have respiratory symptoms without a fever.

(Continued on page 2)



REMINDER: Please stay home if you have the flu, as it can spread easily. If you are sick, please contact your nurse, doctor, or any member of your Interdisciplinary Team (IDT).

2019 Calendar Showcases Participant Artwork



L-R: Ruby Williams and Maria Puckett proudly show their paintings.

Teamcare Seneca participant Ruby Williams' painting, "Indigo Violet," and Amityville participant Maria Puckett's artwork, "Somewhere Unknown," will be featured in the Greater New York Hospital Association's 2019 patient calendar.

Ruby and Maria created their paintings in the Teamcare day health center. There, they have completed many beautiful works of art.

Each Teamcare site offers weekly art activities, as well as special seasonal art projects. These are great activities to keep the mind young and creativity flowing.

Join us for art programming and more. Please contact us at 1-833-CL-CARES (1-833-252-2737), Monday-Friday, 8AM-8PM. TTY users should call 711.

What You Should Know... (continued from page 1)

Actions To Take This Flu Season:

The best way to prevent the flu is with a flu shot.

The Centers for Disease Control (CDC) recommends that everyone six months of age and older get a seasonal flu vaccine every year. It's not too late. Vaccinations should continue throughout the flu season, even in January or later. A yearly vaccination is needed to ensure the best possible protection against the flu.

Viruses change slightly from year to year. The 2018-2019 vaccine has been updated to better match this year's virus. Protection sets in after about two weeks.

Allergy Concerns. Tell your doctor about any allergies you may have, including an allergy to eggs.

Practice good health habits. Cover coughs, wash hands often, and avoid people who are sick.

Source: Centers for Disease Control and Prevention (<https://www.cdc.gov>)

Seek medical advice quickly if you develop flu symptoms. You might need medical evaluation or treatment with antiviral drugs. It's very important that these medications be used early to treat the flu.

Get pneumonia vaccines.

People who are 65 years and older should also receive the pneumonia vaccination to protect against diseases such as pneumonia, meningitis, and bloodstream infections. Talk to your doctor about whether or not this vaccine is right for you.

It is not too late to get your flu shot!



Take Charge of Your Health!

It is very important that you do not miss appointments with your doctor. Regular health screenings can help find problems before they start. If there are health issues, regular exams are a good way to find them early and get the right treatment. Your IDT will remind you when it's time for your screenings and check ups.



We're Committed To Your Satisfaction

Please report any complaints you have to CenterLight Teamcare's Appeals and Grievances Department. We are available Monday-Friday, 9AM-5PM. You may call us at 718-321-4267, email AppealsandGrievances@centerlight.org or send a fax to 315-825-4813. TTY users should call 711.

Special Winter Events

Celebrate the season with Teamcare at our upcoming winter events. We offer more than 100 activities and programs at each site per month. This season, events include holiday festivities, farmers markets, trips and birthday parties.

View our full calendar of activities by logging on to www.centerlightteamcare.org and visiting our "For Participants" page.

For more information or to set up transportation, please call us at 1-833-252-2737, Monday-Friday, 8AM-8PM (TTY 711), or speak with your Participant Experience Manager.



Participants shop for fresh produce at a recent Farmer's Market event at our Jamaica Day Health Center



Your Dental Health is very important to us!

Problems with your teeth or want to see a dentist? Please contact us at **1-833-CL-CARES (1-833-252-2737)**, Monday-Friday, 8AM-8PM. TTY users should call 711.

You're Invited: Case Conference

Please look out for an invitation postcard in the mail letting you know the date of your Care Planning Meeting. You will receive these two times a year.

The card will also include details such as the site address and contact information in case you have questions or would like to make transportation arrangements.

You are an important part of your care team! We look forward to seeing you and to discussing your personal health goals, your progress and how we can help you further.



Transportation Safety Tips

Please keep these in mind when traveling in a car or ambulette.

- Always buckle your seatbelt as soon as you enter the vehicle.
- Your driver should always:
 - Escort you door-to-door if you are using an ambulette.
 - Dress appropriately.
- Your driver should never:
 - Talk/text on their cell phones while driving.
 - Smoke while driving.
 - Play loud music in the car.

If you have any issues, call us at 1-833-CL-CARES (1-833-252-3737), 8AM-8PM, Monday to Friday (TTY users should call 711)

Reminder: If you have upcoming doctor's appointments or any other transportation needs, please call us at least 24 hours in advance to help ensure we can provide you with timely service.



Disclaimer: *All information on this newsletter is for our participants' educational purposes only. It is not a substitute for professional medical advice. For specific medical advice, diagnoses, and treatment, please consult your doctor or healthcare professional.*

CenterLightHealthcare.org
CenterLightHealthcare_12192018

1733 Eastchester Road
2nd Floor
Bronx, NY 10461

teamcare™
A MEDICARE AND MEDICAID PACE PROGRAM
A Program of All-Inclusive Care for Adults 55+
By CenterLight Healthcare